# Julho 2020

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# Apresentação

VOCÊ ESTÁ RECEBENDO NOSSO MATERIAL DE JULHO DE 2020, QUE POSSUI:

- ✓ PLANNER SEMANAL,
- ✓ 30 DIAS DE ÁGUA – ATIVIDADE E MARCADOR,
- ✓ ATIVIDADES DE ESTIMULAÇÃO COGNITIVA,
- ✓ DESENHOS PARA COLORIR

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# Planner Semanal

# 30 Dias de Água

# Benefícios

A ÁGUA É FUNDAMENTAL PARA NOSSO CORPO, ELA AJUDA A MANTER NOSSO EQUILÍBRIO FÍSICO E MENTAL. VEJA OS 10 BENEFÍCIOS DA ÁGUA PARA NOSSO CORPO:

1. DEIXA A PELE RADIANTE E SAUDÁVEL,
2. AJUDA A ELIMINAR A CELULITE,
3. AJUDA NO PROCESSO DE EMAGRECIMENTO,
4. DEIXA OS CABELOS, OLHOS E UNHAS HIDRATADOS,
5. MELHORA O FUNCIONAMENTO DO CÉREBRO,
6. AUMENTA A MASSA MUSCULAR,
7. MELHORA O FUNCIONAMENTO DO INTESTINO,
8. CONTROLA AS CALORIAS,
9. É UM REGULADOR TÉRMICO,
10. LIMPA O ORGANISMO.

# 30 Dias de Água

## Dicas

**Nos próximos 30 dias BEBA ÁGUA!**

*Quantidade de um copo americano (190/200 ml)



- *Ao acordar*
- *30 minutos antes do café-da-manhã*
- *1 hora depois do café-da-manhã*
- *30 minutos antes do almoço*
- *1 hora depois do almoço*
- *Durante o lanche da tarde*
- *30 minutos antes do jantar*
- *Alguns minutos antes de ir dormir.*

*DICAS: Reduza o café, refrigerantes, sucos com aditivos artificiais. Se puder evitar melhor.*
*Se sentir sede antes, beba água normalmente.*
*Você não precisa estar em dieta para participar do desafio.*
*Não beba toda a água do dia de uma vez, esqueceu de beber, passe para a próxima até se acostumar.*

# 30 Dias de Água

# Estimulação Cognitiva

Nome: ______________________________

Data: ______________________________

1) QUANDO APARECER UM NÚMERO ÍMPAR MARCAR DE ROSA,
2) QUANDO APARECER UM NÚMERO PAR MARCAR DE ROXO.

TROCAR A ORDEM DE 1 PARA 2 E DE 2 PARA 1 TODA VEZ QUE APARECER O CORAÇÃO.
EXEMPLO:

1 2 3 4 5 6 7 8 1 3 5 6 4 7 8 ♡ 9 4 5 6 7 3 4 2 1 ♡ 2 3 4 1 1 2 3 4 4 5 6 7 8 9 ♡

2 4 5 5 6 7 8 9 9 1 2 2 1 3 4 ♡ 2 3 4 5 6 7 8 9 9 ♡ 3 2 2 2 1 2 3 4 5 6 7 8 9 9 ♡

1 2 3 4 5 6 7 8 9 8 7 6 5 4 3 ♡ 1 2 3 4 5 6 7 2 3 ♡ 9 8 7 6 5 4 3 2 1 1 2 3 4 5 ♡

5 4 3 4 5 6 7 6 5 4 3 4 5 6 7 ♡ 2 1 1 5 6 5 7 8 9 ♡ 1 2 3 4 5 6 7 8 3 4 5 6 7 8 ♡

1 2 3 4 3 2 1 2 3 4 5 6 7 8 9 ♡ 8 9 9 9 8 7 6 5 4 ♡ 1 2 3 4 5 6 7 1 2 3 4 5 6 8 ♡

7 7 8 9 8 7 6 5 4 3 4 3 5 5 4 ♡ 5 6 6 7 8 9 9 1 2 ♡ 3 4 5 6 2 1 3 4 5 6 7 7 8 9 ♡

1 2 3 4 5 6 7 8 9 1 2 3 4 5 6 ♡ 7 8 9 8 7 6 5 4 3 ♡ 1 2 3 4 5 6 4 3 2 1 1 4 5 6 ♡

1 2 3 4 5 6 7 8 9 8 7 6 5 4 3 ♡ 1 2 3 4 5 6 7 2 3 ♡ 9 8 7 6 5 4 3 2 1 1 2 3 4 5 ♡

5 4 3 4 5 6 7 6 5 4 3 4 5 6 7 ♡ 2 1 1 5 6 5 7 8 9 ♡ 1 2 3 4 5 6 7 8 3 4 5 6 7 8 ♡

1 2 3 4 3 2 1 2 3 4 5 6 7 8 9 ♡ 8 9 9 9 8 7 6 5 4 ♡ 1 2 3 4 5 6 7 1 2 3 4 5 6 8 ♡

7 7 8 9 8 7 6 5 4 3 4 3 5 5 4 ♡ 5 6 6 7 8 9 9 1 2 ♡ 3 4 5 6 2 1 3 4 5 6 7 7 8 9 ♡

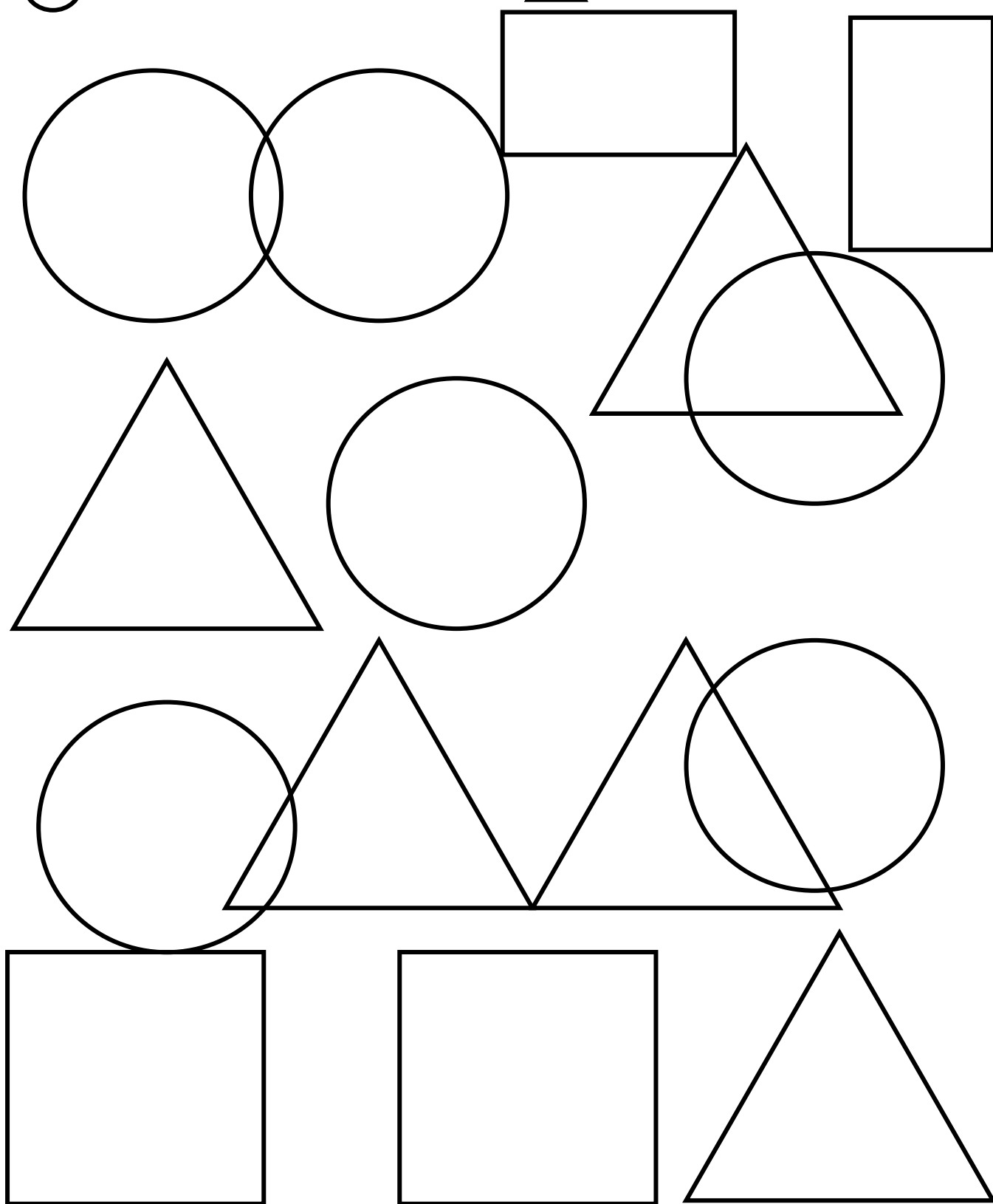
1 2 3 4 5 6 7 8 9 1 2 3 4 5 6 ♡ 7 8 9 8 7 6 5 4 3 ♡ 1 2 3 4 5 6 4 3 2 1 1 4 5 6 ♡

2 4 5 5 6 7 8 9 9 1 2 2 1 3 4 ♡ 2 3 4 5 6 7 8 9 9 ♡ 3 2 2 2 1 2 3 4 5 6 7 8 9 9 ♡

Nome: ______________________________

Data: ______________________________

COLORIR CONFORME A LEGENDA.
QUANTOS CÍRCULOS E QUANTOS TRIÂNGULOS APARECEM NA IMAGEM ABAIXO?

○ ___________________________ △ ___________________________

Nome: ______________________________

Data: ______________________________

Nome: ______________________
Data: ______________________
JULHO
2020

Nome: ______________________________

Data: ________________________________

2020

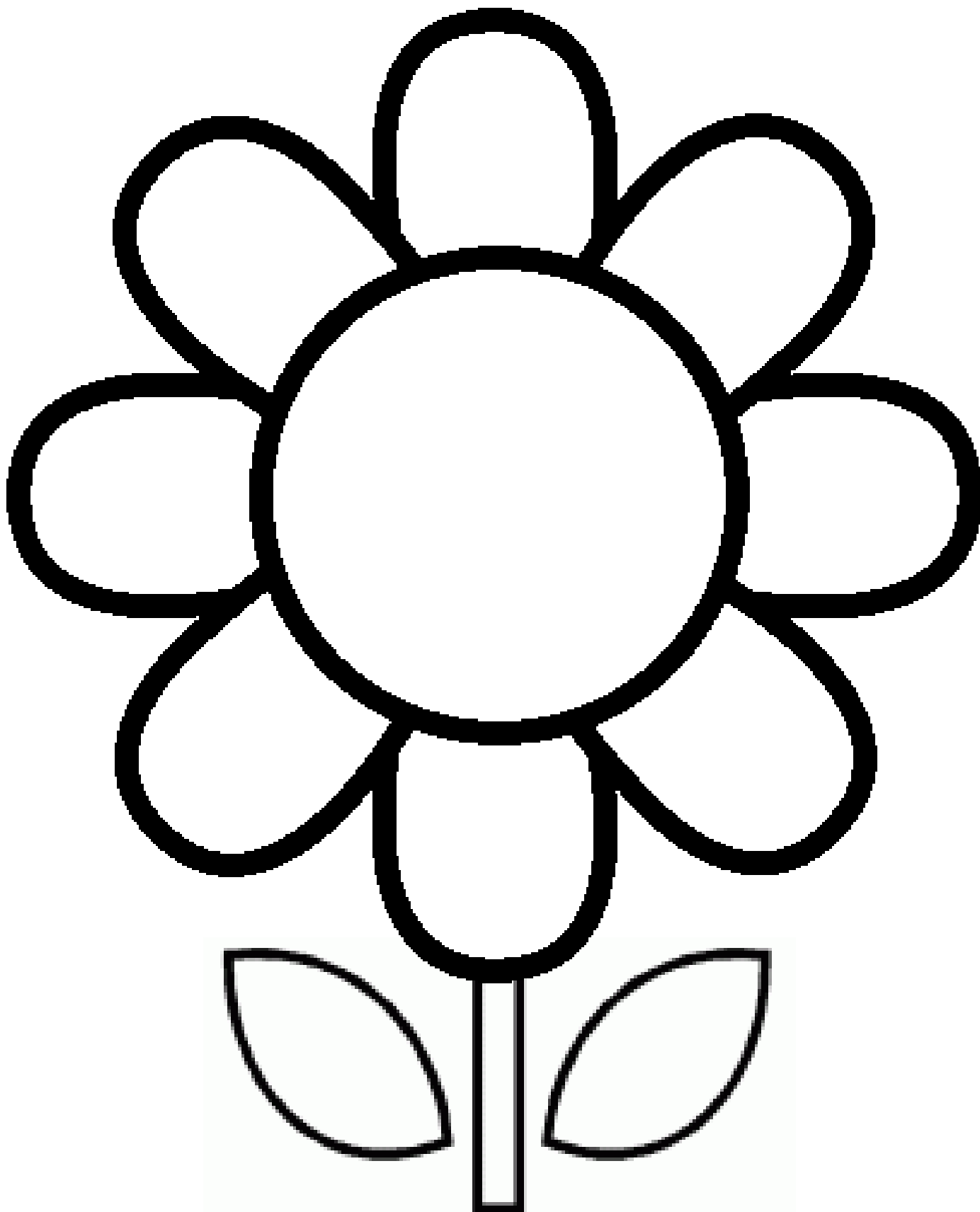
Nome: ______________________________

Data: _______________________________

# INVERNO

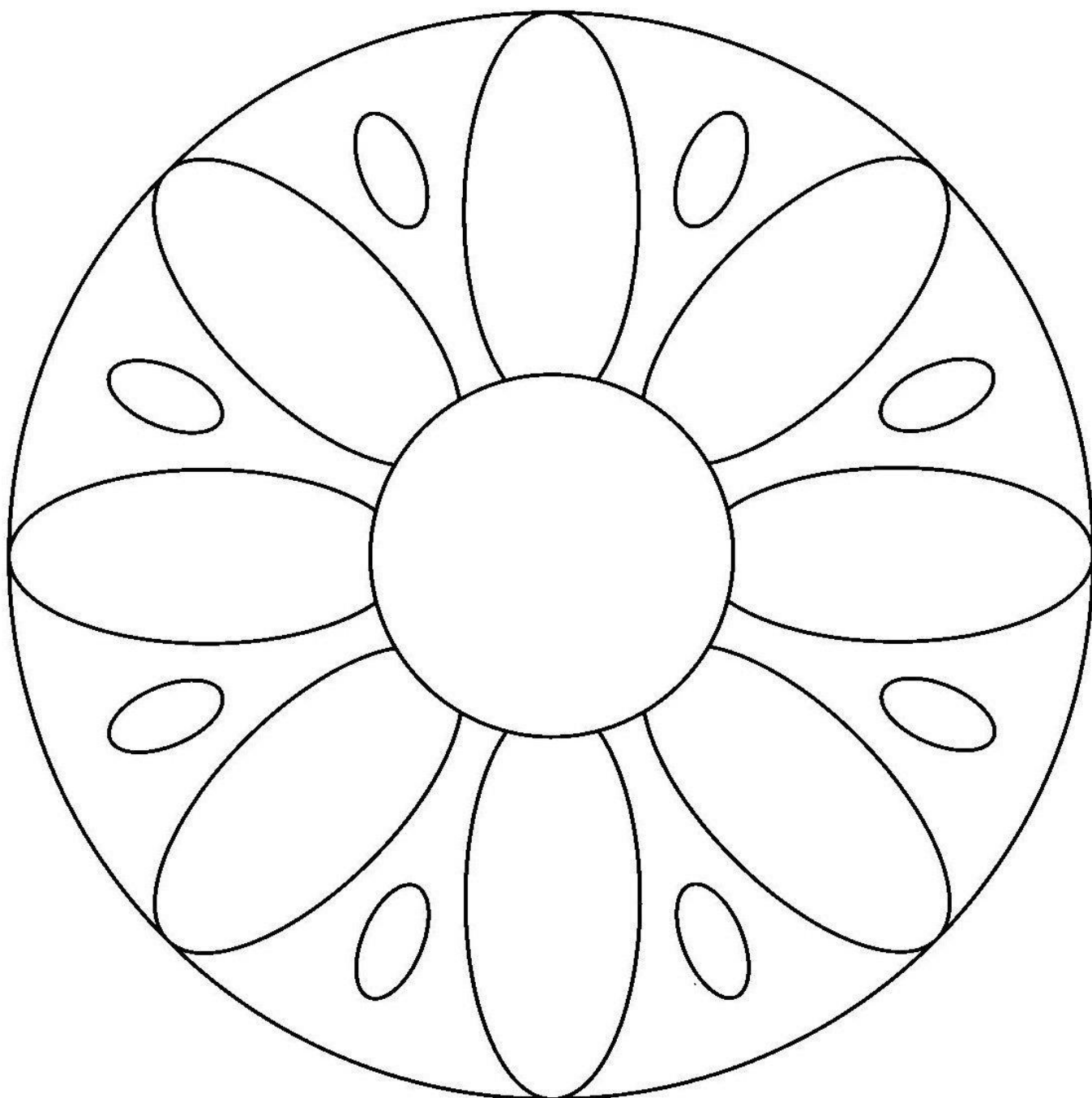
Nome: ________________________________

Data: _________________________________

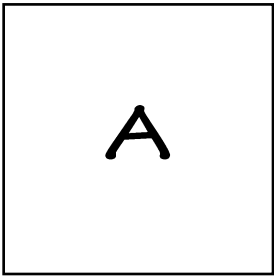
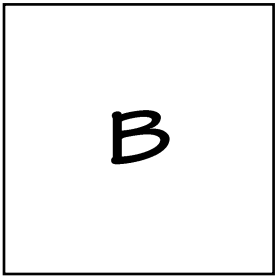
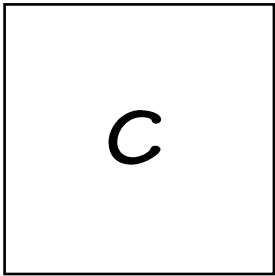
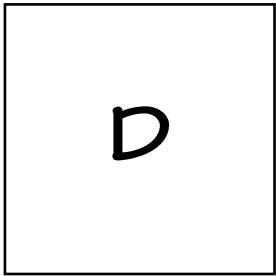
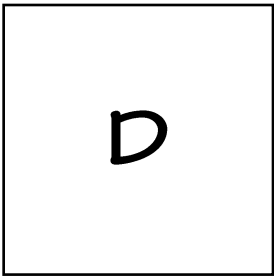
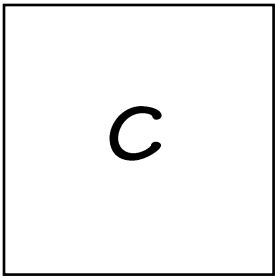
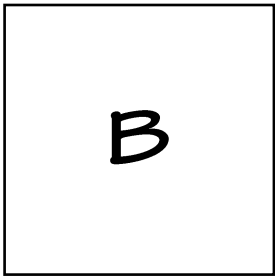
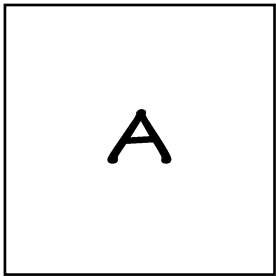
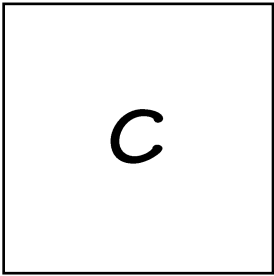
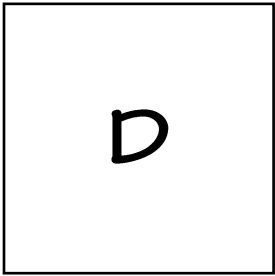
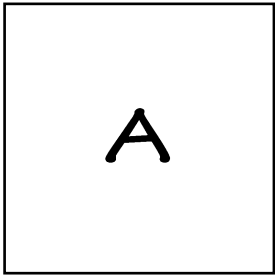
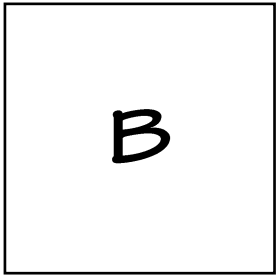
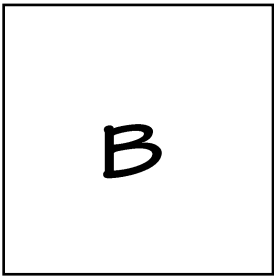
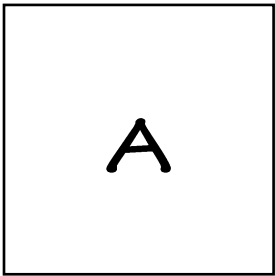
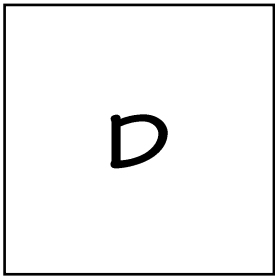
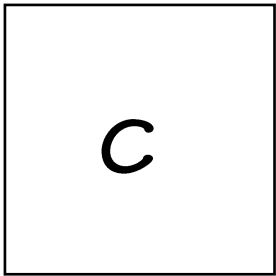
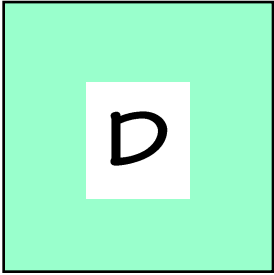
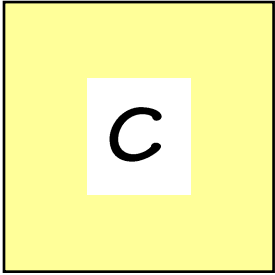
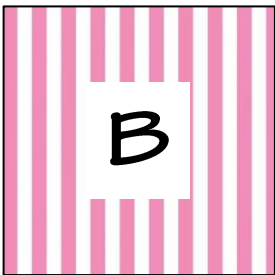
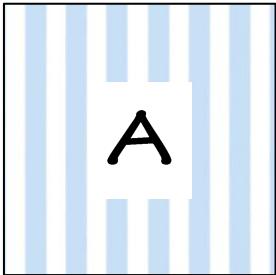
PREENCHER A IMAGEM COM QUADRADINHOS DE PAPEL COLORIDO:

Nome: ___________________________________

Data: ____________________________________

PREENCHER A IMAGEM COM QUADRADINHOS DE PAPEL COLORIDO:

Nome: ______________________________

Data: ______________________________

COLORIR CONFORME A LEGENDA:

| A | B | C | D |
|---|---|---|---|
| C | D | A | B |
| B | A | D | C |
| A | B | C | D |
| D | C | B | A |

Nome: ______________________________

Data: ______________________________

COLORIR CONFORME A LEGENDA:

| A | B | C | D |
|---|---|---|---|
| C | D | A | B |
| B | A | D | C |
| A | B | C | D |
| D | C | B | A |

Nome: ___________________________________

Data: ____________________________________

PREENCHA O CORAÇÃO COM COISAS QUE VOCÊ ADORA (ESCRITA, DESENHO, COLAGEM...)

Nome: ______________________________

Data: ______________________________

COLORIR CONFORME A LEGENDA:

RR
AP
AM
PA
MA
CE
RN
PB
PI
PE
AC
RO
TO
AL
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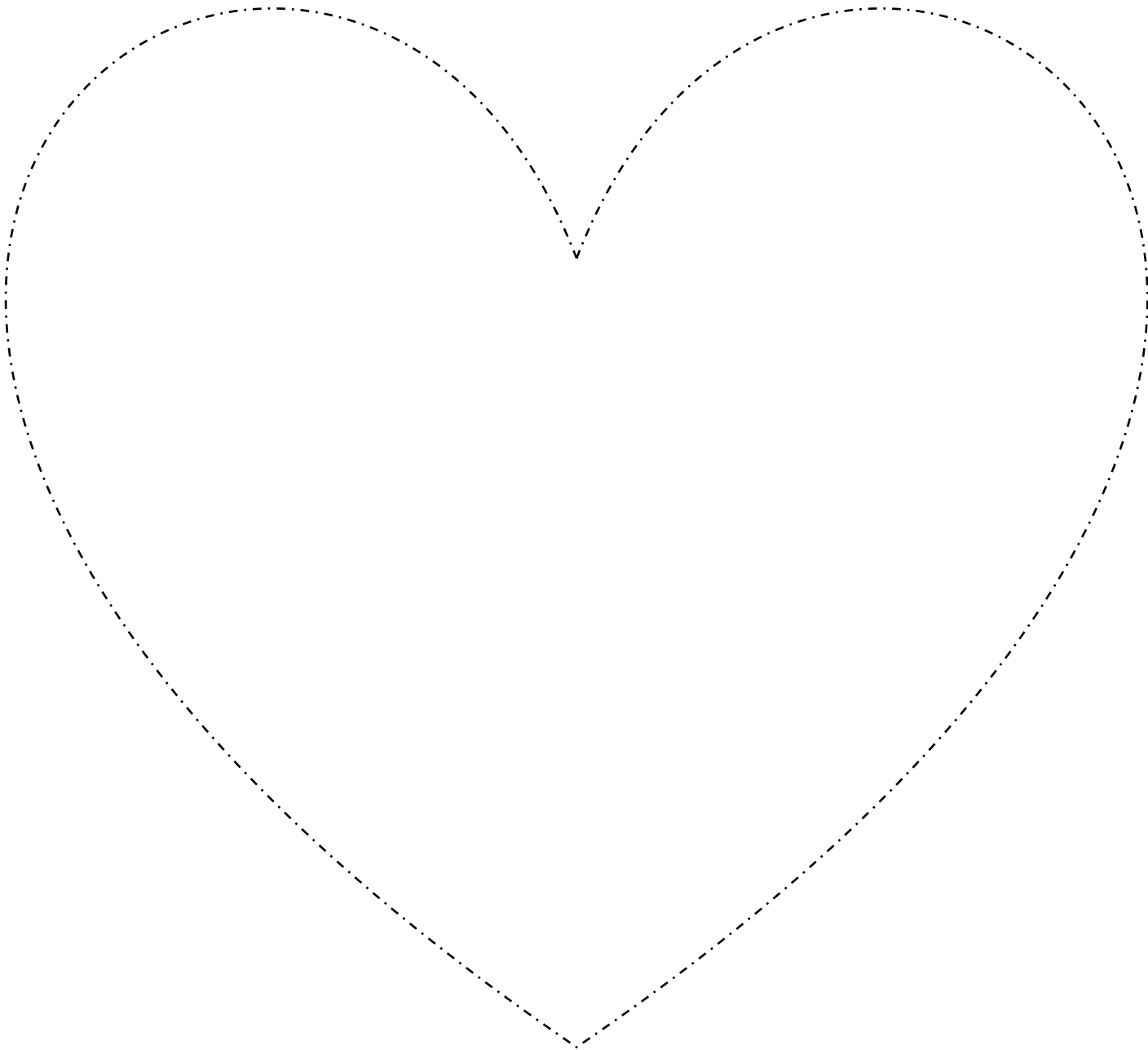
BA
MT
GO
DF
MG
ES
MS
SP
RJ
PR
SC
RS

Nome: ______________________________

Data: ______________________________

COLORIR CONFORME A LEGENDA:

☐ JÁ FOI ☐ MORA ☐ NASCEU ☐ QUER IR

RR AP AM PA MA CE RN PB PI PE AC RO TO AL SE BA MT GO DF MG ES MS SP RJ PR SC RS

Nome: ______________________________

Data: ______________________________

PINTE SEUS NÍVEIS DE:

PREGUIÇA

DRAMA

CIÚMES

AMOR

FELICIDADE

SONO

FOME

TRISTEZA

ORGANIZAÇÃO

Nome: ________________________________

Data: ________________________________

PINTE SEUS NÍVEIS DE:

PREGUIÇA

DRAMA

CIÚMES

AMOR

FELICIDADE

SONO

FOME

TRISTEZA

ORGANIZAÇÃO

Nome: ______________________________

Data: ______________________________

ESCREVA AO LADO DE CADA PALAVRA A QUANTIDADE DE LETRAS QUE ELA POSSUI:

AMOR

CASA

FÉ

SANTO

FELICIDADE

ESPERANÇA

LUZ

VIDA

ALEGRIA

SORRISO

AMIZADE

SOLIDARIEDADE

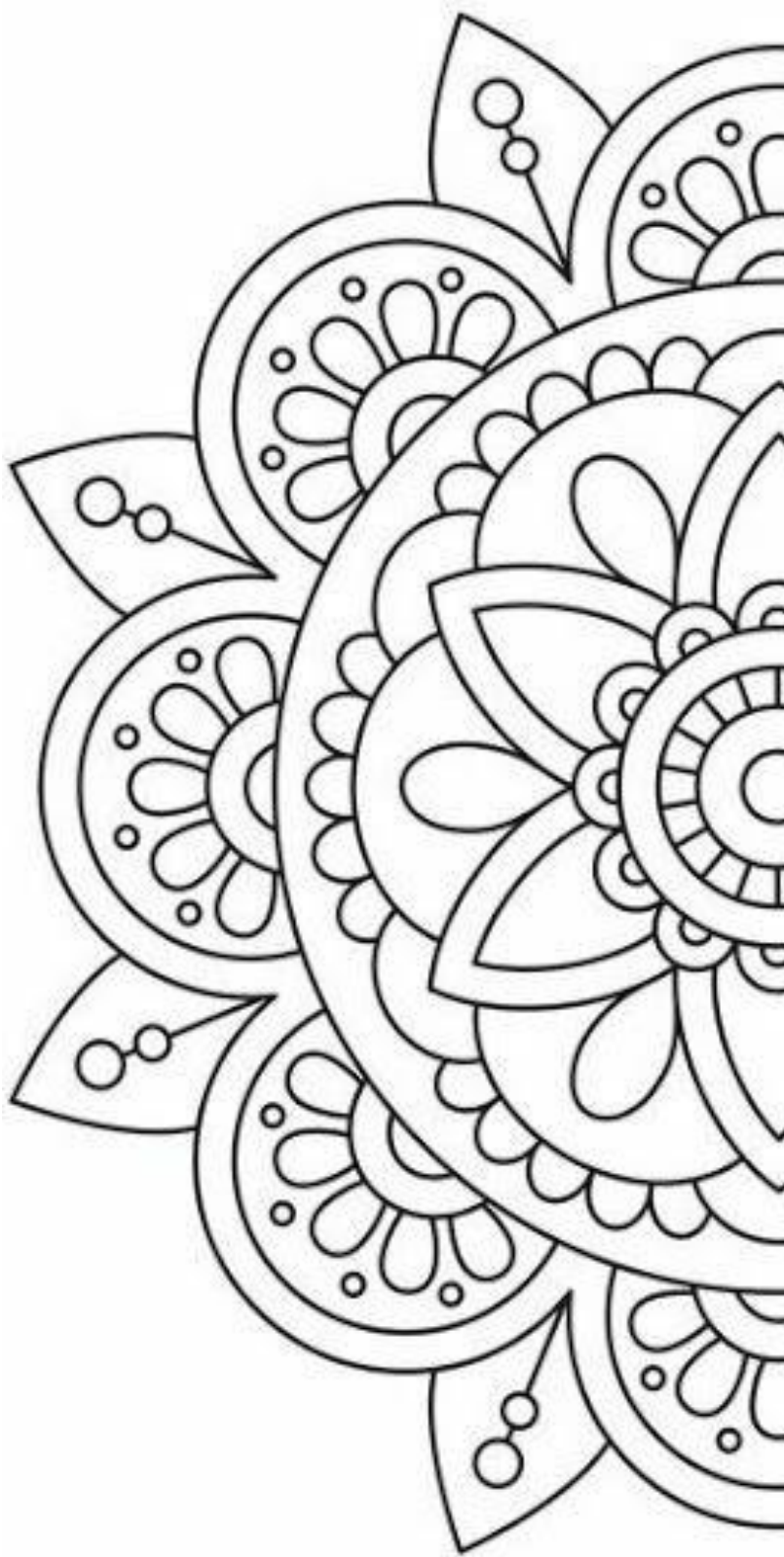
PROSPERIDADE

CORAÇÃO

ABRAÇO

BEIJO

DEUS

ORAÇÃO

Nome: ______________________________

Data: ______________________________

PINTE SEUS NÍVEIS DE:

CRIATIVIDADE

VONTADE DE FICAR EM CASA

FOFURA

SAUDADES

VONTADE DE SAIR DE CASA

SONO

FELICIDADE

TRISTEZA

FOME

Nome: ______________________________

Data: ______________________________

PINTE SEUS NÍVEIS DE:

CRIATIVIDADE

VONTADE DE FICAR EM CASA

FOFURA

SAUDADES

VONTADE DE SAIR DE CASA

SONO

FELICIDADE

TRISTEZA

FOME

Nome: ______________________________

Data: ______________________________

COLORIR COMO NO EXEMPLO:

| | | | | | |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |

Nome: ___________________________

Data: ___________________________

LETRA:

Stop

NOME: ___________________________

LUGAR: ___________________________

OBJETO: ___________________________

ANIMAL: ___________________________

FRUTA: ___________________________

CARRO: ___________________________

ESPORTE: ___________________________

MÚSICA: ___________________________

CANTOR: ___________________________

PROGRAMADE TV: ___________________________

Nome: ______________________________

Data: ________________________________

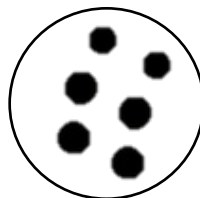
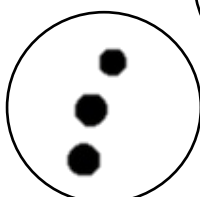
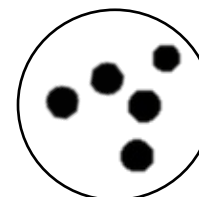
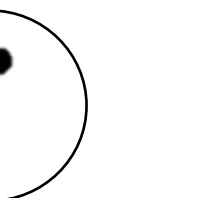
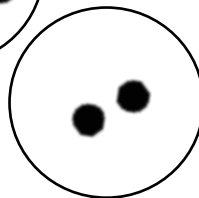
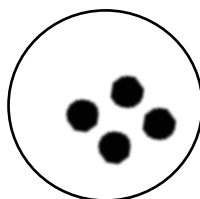
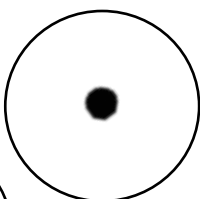
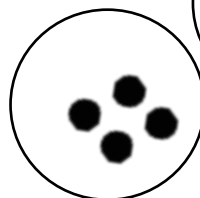
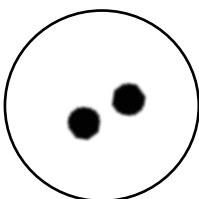
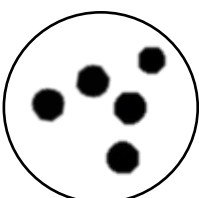
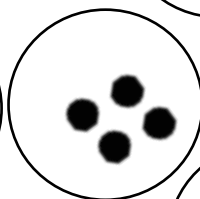
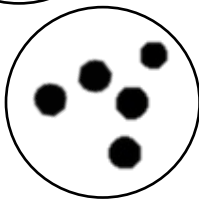
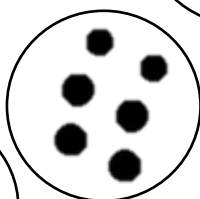
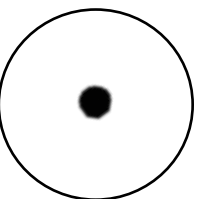
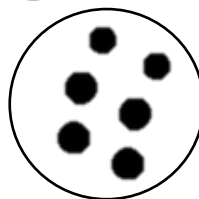
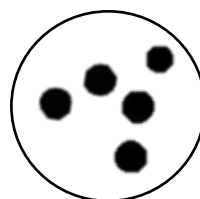
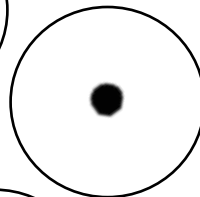
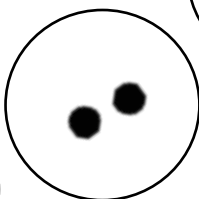
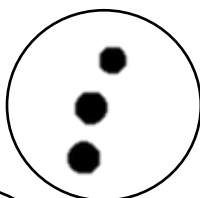
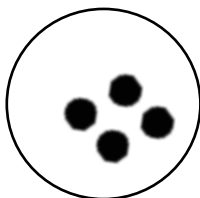
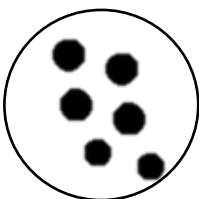
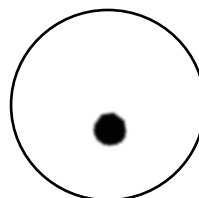
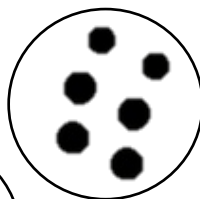
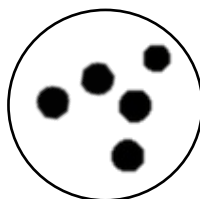
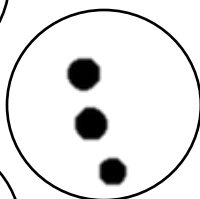
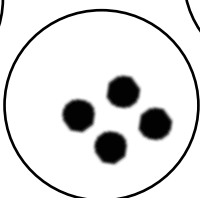
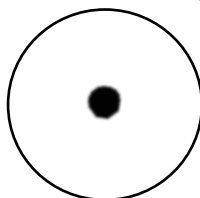
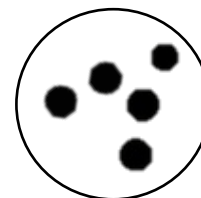
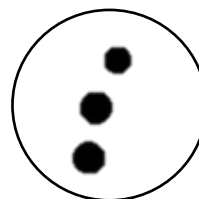
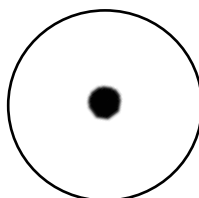
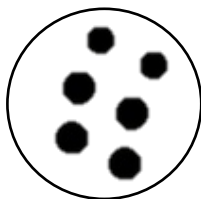
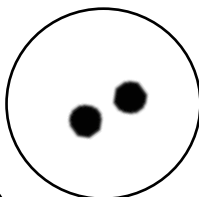
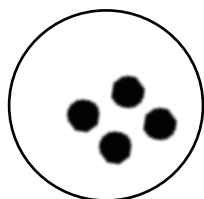
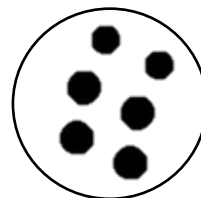
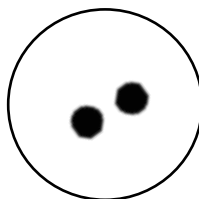
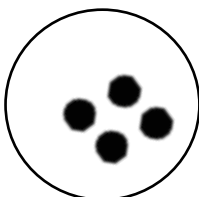
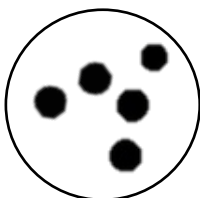
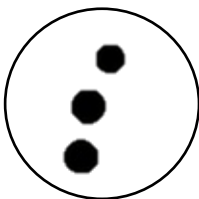
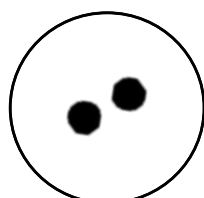
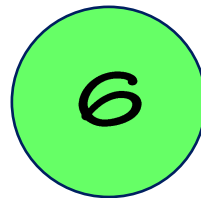
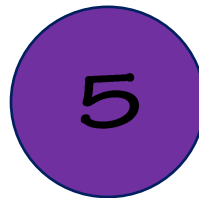
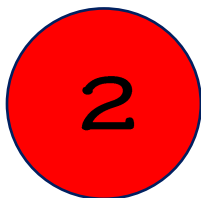
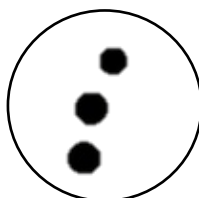
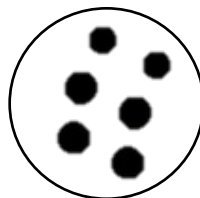
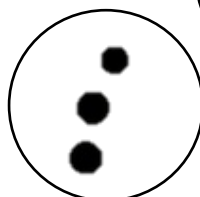
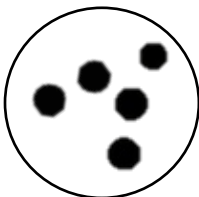
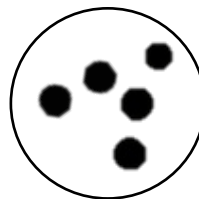
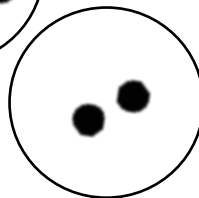
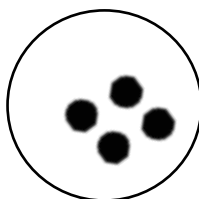
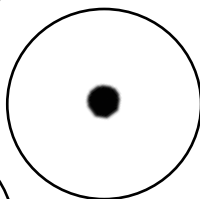
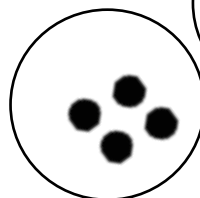
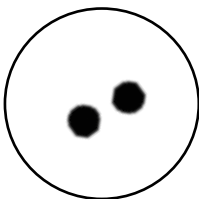
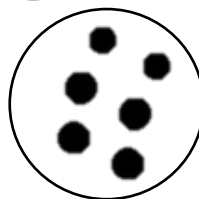
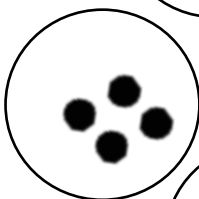
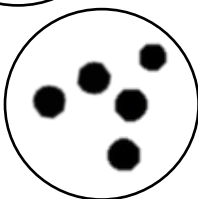
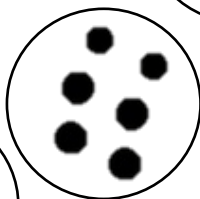
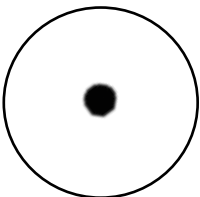
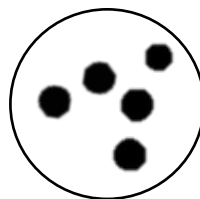
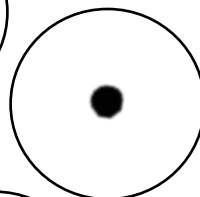
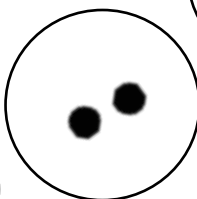
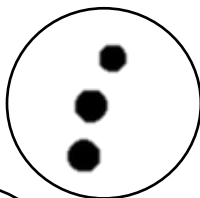
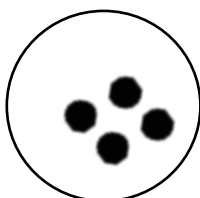
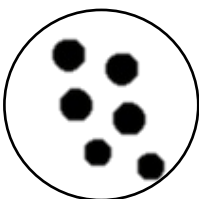
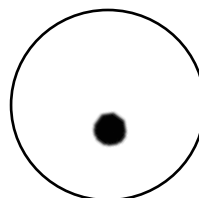
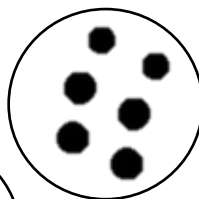
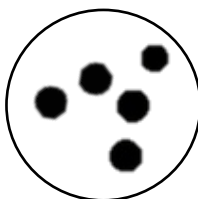
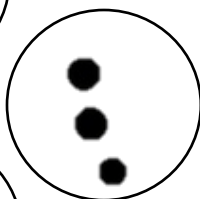
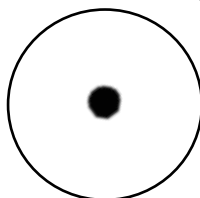
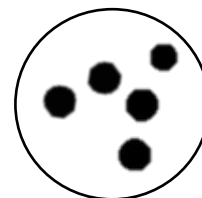
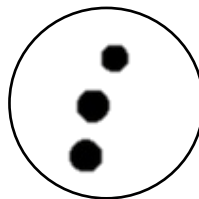
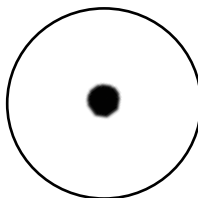
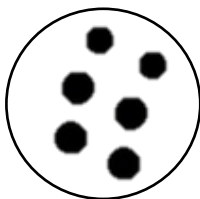
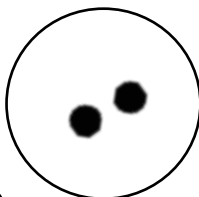
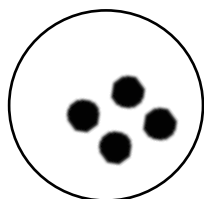
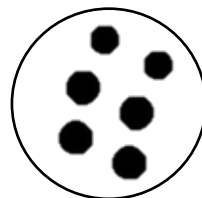
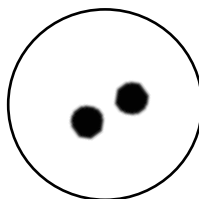
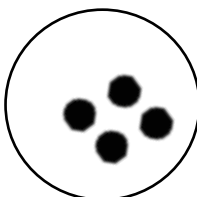
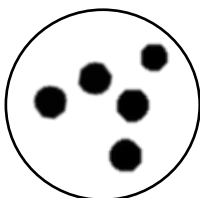
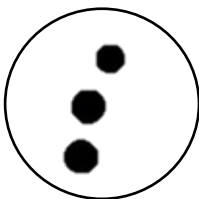
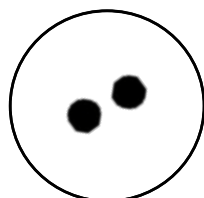
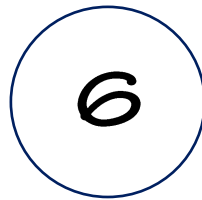
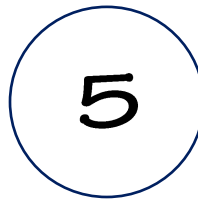
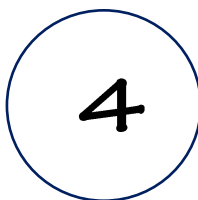
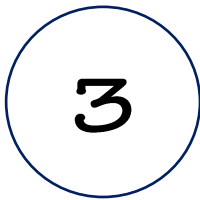
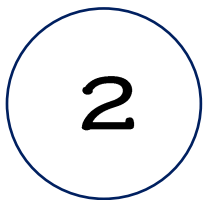
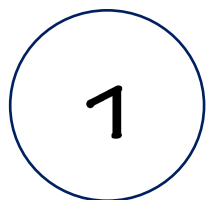
COLORIR CONFORME A LEGENDA:

1 2 3 4 5 6

Nome: ________________________________

Data: ________________________________

COLORIR CONFORME A LEGENDA:

1 2 3 4 5 6

Nome: ______________________________

Data: ______________________________

1) QUANDO APARECER UMA VOGAL MARCAR UM "X" VERMELHO,
2) QUANDO APARECER UMA CONSOANTE RISCAR DE AZUL,

TROCAR A ORDEM DE 1 PARA 2 E DE 2 PARA 1 TODA VEZ QUE APARECER A LOGO DOS CADERNOS DE ATIVIDADES
EXEMPLO:

A B C D E F G H    I J K L M N O    P Q R S T U    V X Z A B C D E F G H I

A D E T O K L M I O P K J H G F R T    A L I N O O N    S A D M J H B G A S

A B C D E    F G H I J    L M N O P    Q R S T U    V X Z A B C

A S D F G H J K L    Z X C V B N L O O I U P    E R T U I O P O I U P

A B C D F R    E W Q S J K L O I U M N B G H J I O U H J N    M N O P Q E R

P O L K J N H Y U I O L M N B V C    A B C D E F G H I J L M O P Q R S

A B C V B N M K L O U I T R    R T I U O Q A S D F G H J L    M A S D F R

M A S D F C V B N H G F D S E R T    M N B V C V E S A E R T U I O A

A D E T O K L M I O P K J H G F R T    A L I N O O N    S A D M J H B

A B C D E    F G H I J    L M N O P    Q R S T U    V X Z A B C

A S D F G H J K L    Z X C V B N L O O I U P    E R T U I O P O I U P

A B C D F R    E W Q S J K L O I U M N B G H J I O U H J N    M N O P Q E R

P O L K J N H Y U I O L M N B V C    A B C D E F G H I J L M O P Q R S

A B C V B N M K L O U I T R    R T I U O Q A S D F G H J L    M A S D F R

M A S D F C V B N H G F D S E R T    M N B V C V E S A E R T U I O A

Nome: ______________________________

Data: ______________________________

ESCREVER AS PALAVRAS COM AS CORES QUE PEDE:

EXEMPLO: V I D A

V I D A

AMOR

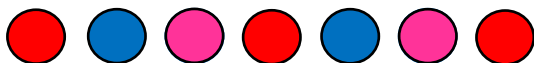
FELICIDADE

ÁGUA

SAÚDE

ESPERANÇA

EMOÇÃO

ALEGRIA

MÚSICA

Nome: ______________________________

Data: ______________________________

COPIAR:

| A | B | C | D | E | F | G | H | I | J |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

| K | L | M | N | O | P | Q | R | S | T |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

| U | V | W | X | Y | Z | ! | ? | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

Nome: ________________________________

Data: ________________________________

COLORIR PARA AQUECER:

# Mandalas para Colorir

Nome: ________________________________

Data: ________________________________

COLORIR:

Nome: ______________________________

Data: ________________________________

COLORIR:

Nome: ______________________________

Data: _______________________________

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